



# Guam Comprehensive Cancer Control

# Newsletter

*"The people of Guam will be cancer free, embracing a healthy lifestyle and living in a healthy environment."*

## 2016 Colorectal Cancer Education Conference

Ms. Rose Grino RN, BSN and Ms. Vivian Pareja



2016 Colorectal Cancer Education Conference Participants

The Guam Comprehensive Cancer Control Coalition, in partnership with TakeCare Inc., hosted the Colorectal Cancer Education Conference on March 6, 2016 at Hilton Guam Resort and Spa. The objective of the conference was to increase knowledge and understanding on colorectal cancer prevention and control by healthcare professionals. The Guam Nurses Association provided 3 contact hours of CE credits to nurses and the Guam Medical Society provided 3 contact hours of CME credits to medical doctors for their participation.

There were five presentations conducted: The Systems Strengthening through Data Sharing, Best Practices and Community Collaboration (Yvette Paulino, PhD, CPH, University of Guam, Rose Grino, RN, BSN, Guam Nurses Association, and Chalorna Lauron, BA, Guam Cancer Care); Colorectal Cancer Screening – 80% by 2018, A Practical Guide to Achieving Adequate Screening on Guam (Adham R. Saad, MD, Hafa Adai Specialist Group); and Cancer Communication and Patient Engagement and Advocacy (Don S. Dizon, MD, FACP, Massachusetts General Hospital Cancer Center).

The conference was well attended with a total of 140 participants. Feedback from participants were positive noting that: the conference was excellent and informative; speakers were very knowledgeable, awesomely eloquent and compassionate. 75 participants received their continuing education credits that include registered nurses, license practical nurses, medical assistants, respiratory therapists, and social workers.

The Colorectal Cancer Education Conference was made possible through the partnership efforts of the Guam Comprehensive Cancer Control Coalition, TakeCare Inc., Department of Public Health and Social Services, NCD Consortium, Guam Cancer Care, American Cancer Society, University of Guam, United Airlines, Hafa Adai Specialist Group, Massachusetts General Hospital Cancer Center, Guam Nurses Association and the Guam Medical Society.



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### We would like to invite you to join our Coalition...

For more information about Guam Comprehensive Cancer Control Program and Coalition, please contact: 671-735-0670/73/75

### Connect With Us:



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Follow us on Twitter: GCCCP

## 2016 Colorectal Cancer Awareness Month Activities

### Colorectal Cancer Awareness Month Proclamation Signing

By Ms. Rose Grino, RN, BSN and Ms. Vivian Pareja

Colorectal Cancer Awareness Month activities kicked off at the Governor's Office Large Conference Room on March 1, 2016 with a Proclamation Signing with Mr. Vincent Leon Guerrero, Special Assistant to the Governor. The Proclamation Signing launched Colorectal Cancer Awareness Month – a month-long effort to increase awareness of colorectal cancer. Various public, private, non-profit organizations and individuals came in support at this event to include American Cancer Society, Guam Cancer Care, Guam Regional Medical City, Guam Memorial Hospital, FHP Health Center, Take Care Inc., Department of Public Health and Social Services, and many more.



### TakeCare hosts the Largest Health and Wellness Conference on Island

By Ms. Kyla Aquino, TakeCare

Last March, TakeCare hosted the largest health and wellness conference on island with expert speakers to promote the creation of a wellness movement in Guam. The conference, entitled "Cultivating Workplace Culture with the Power of Wellness", was meant to "provide a broad overview of wellness in the workplace and a blueprint on how employer groups can adopt a healthy work culture within their respective organizations," shared Donabel Little, TakeCare's Wellness Program Manager and Conference Coordinator.

For this event, TakeCare brought best-selling author and motivational speaker, Dr. Ann Kulze, and the President of the Wellness Council of America (WELCOA), Ryan Picarella, MS, SPHR to discuss the importance of wellness as well as its role in organizations.

*Eat Right for Life with Dr. Ann:* In addition to the conference, TakeCare also offered a special event for its members. TakeCare members were invited to Dr. Ann's Eat Right for Life presentation, in which she shared the importance of nutrition, healthy living and disease prevention.

"The conference was enlightening to say the least. For over 20 years, prescription medication was my only tool for managing my diabetes. Learning that I could manage my disease through proper nutrition and healthy living was amazing and life changing," shared Ernie Aquino, special event participant.

Each conference and TakeCare member participant received a free copy of Dr. Ann's award winning book, "Eat Right for Life."

"TakeCare plans to offer annual wellness conferences with various topics within the context of our Balanced Lifestyle initiative: Eat Right, Be Active, Relax and Unwind, and being Socially Connected," says Little.

### Worksite Wellness Program's MixedFit Event

By Ms. Vivian Pareja

GCCC Program coordinated the Worksite Wellness Program's MixedFit Class on March 18, 2016 at DPHSS Northern. More than 50 public health employees and family members attended the event in support of Colorectal Cancer Awareness Month.

# 2016 Colorectal Cancer Awareness Month Activities

## Pictures from the Worksite Wellness MixedFit Event



## It Is Time: A Dialogue on Cancer Screening and Prevention

By Ms. Chalorna Lauron

Guam Cancer Care held its “It Is Time” Town Hall on March 7, 2016 at Santa Teresita Catholic Church Social Hall, Mangilao. The forum’s objective is to give insight on current and forthcoming topics related to the screening and prevention of cancer. There were two presentations conducted: Getting Screened Early for Colorectal Cancer by Dr. Catherine Piccio from the FHP Health Center and Breast Cancer Awareness and Prevention by Dr. Don Dizon of Massachusetts General Hospital. More than 80 community members attended the event.



Attendees who came to hear Dr. Dizon speak, knew that he came from a well-known institute and made time to speak to the local community. Many of the attendees mentioned that they came to the Town Hall because of the topics and wanted to understand what their family member was going through with cancer. They found the Town Hall very informative and educational and appreciated the non-threatening environment where they felt comfortable to ask questions.

## Bank of Guam IFIT 5K Run/Walk

By Ms. Chalorna Lauron

A check for \$61,070.80 was presented to Guam Cancer Care following the successful Bank of Guam IFIT 5K Run held on Saturday, March 12, 2016. Breaking last year's record of \$51,000, the check was presented at the Bank's 44th Anniversary Founder's Day Employee Dinner on Thursday, March 17, 2016. A record number of runners turned out for the event and the success of the cultural experience organized by the Bank included fire dancers from Inetnon Gefpágo and chanters from I Fanlalai'an.

A portion of the donation funds Guam Cancer Care’s IFIT ECHO program, a cancer outreach and education program for high school students. The mission of the program is to educate our youth about cancer, encourage them to live healthier lifestyles and empower them to make positive changes in our local and regional communities.



# CCC Coalition Action Teams Updates



## Prevention Action Team/NCD Physical Activity Group

By Ms. Chalorna Lauron



With the successes of the It Is Time Town Hall, Guam Cancer Care continues its cancer prevention education movement to the community with the “Let’s Talk Cancer” radio talk show. Offering a venue whether it is through the Town Hall or the radio show, where attendees/listeners can voice their concerns and questions in a comfortable setting has shown to be effective in reaching the community. Having a provider to answer questions in regards to cancer screening, lowering their risk, and preventive measures are added benefits from this program. Every month has a special guest speaker(s) and different cancer topics.

Let’s Talk Cancer, hosted by Kyle Mandapat, takes place every last Thursday of the month on K57 at 7pm with rebroadcasting every Sunday at 7pm as well.

The Cancer Screening & Prevention program at Guam Cancer Care hopes that this program will gain momentum and listenership. A survey is available at [guamcancer.org](http://guamcancer.org) for comments and future requests. Listeners can call in their questions to the guest speakers or can text in their questions through the text line at 929-1848. For more information, please call Guam Cancer Care at 969-2223 or visit [guamcancer.org](http://guamcancer.org).

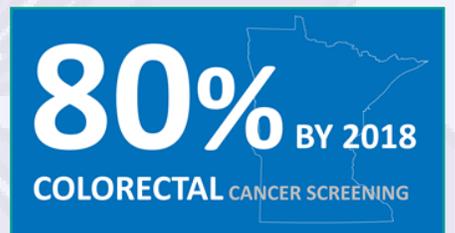


## Screening, Early Detection, and Treatment Action Team (SEDAT)

By Ms. Rose Grino RN, BSN

SEDAT, in partnership with the Prevention Action Team is continuing its efforts to support Colorectal Cancer Screening – 80% by 2018. The team plans to work with local clinics to promote the American Cancer Society’s Toolkit: How to Increase Colon Cancer Screening Rates in Practice.

Colorectal cancer is the second leading cause of cancer death in the United States among men and women combined, yet it’s one of the most preventable.



## Policy and Advocacy Action Team (PANDA)

By Mr. Chuck Tanner & Ms. Cynthia Henson



Public Hearing on Bill 141-33 was held on May 23, 2016 at the Guam Legislature. Bill 141-33 is authored by Senator Benjamin Cruz, an act to classify electronic cigarettes refills, cartridges, and any other component as tobacco products, raise the minimum legal access to tobacco products and electronic cigarettes to 21 years of age, and cite this act as the Youth Protection Act of 2015.

For current Public Hearings, check the Guam Legislature Calendar at [www.guamlegislature.com/calendar.htm](http://www.guamlegislature.com/calendar.htm)

# CCC Coalition Action Teams Updates

## Survivorship and Quality of Life Action Team (SQOL)

By Ms. Marisha Artero



The “Guam Cancer Passport Guide” was recently completed by the Survivorship and Quality of Life Action Team. The passport guide serves as a resource for newly diagnosed patients and their families, providing a directory of resources in our community and practical information to help prepare patients for treatment.

The new passport guide has been disseminated in the community to primary care clinics, cancer treatment centers and non-profits that provide support resources to those newly diagnosed. To request a copy of the passport guide, please contact Ms. Vivian Pareja at 735-0670.

The Survivorship and Quality of Life Action Team’s “Hope Project” video was also broadcast by two media partners this year. PBS Guam, Channel 12, aired the stories of survivorship and hope on January 18 and 24. KUAM, Channels 2, 8, 11, 17, aired the videos throughout the month of May. The Hope Project features the stories of 9 local cancer survivors and their caregivers – the team is currently working to transcribe the stories into a published format.



## Data and Research Action Team (DRAT)

By Ms. Renata Bordallo

Yes, the DRAT Team is moving and working behind the scenes. Our last few meetings focused on preparing the Guam Facts & Figures 2008-2012 Brochure for public outreach. This should be available end-June. The brochure, in laymen's terms, summarizes and provides a link to the larger report available online. A sincere **Thank You** to all of the DRAT and Steering Committee members whom have provided review and input!

Renata B. will chair a newly-formed subcommittee in charge of incorporating comments from Coalition members who reviewed two technical reports: a) A Pilot Study on the Medical Costs Analysis of the Ten Leading Cancers by Organ Site in Guam USA: *Findings from the Medicaid-MIP Data, 2007-2011*; and b) Lung Cancer Survival and Mortality Analyses of Guam Cancer Registry Data, 2000-2009 Final Report. We will need to decide very soon 1) HOW to incorporate our feedback/questions into these reports authored by paid consultants; 2) WHAT useful information we can glean from these reports; and 3) WHEN/HOW to get this information out to policymakers and the public – so they can use it! **Coalition members who have time and the proper skills to assist – please contact me at 735-2989/88.**

More cancer data MAY be included in the next NCD DASHBOARD – if analyzed in time. Guam Cancer Coalition Program’s EVALUATION is pending - GSA is awaiting price quotes; at least one has been submitted. DRAT team is eager to advise and give feedback to the process.



These Top Sites for Cancer Deaths in Guam Residents in 2008-2012 are **MOSTLY PREVENTABLE!** Screening and Early Detection of these cancers **SAVE LIVES!** Treatments are improving and many ARE AVAILABLE ON GUAM!



For more information, talk to your doctor, or call the following numbers:

Cancer Program, DPHSS:  
735-7335 / 0670 / 0673



American Cancer Society  
Guam Field Office:  
477-9451



Guam Cancer Care:  
969-2223

# CCC Coalition Members in Action

## 2016 American Cancer Society Relay For Life

By Ms. Tina Noket, Senior Community Manager, Relay For Life, Photo Courtesy of Edward B. San Nicolas

Paint Your World Purple. This was the theme for the 2016 American Cancer Society Relay For Life of Guam held on Friday, May 20-21, 2016 at the George Washington High School track and field. Cancer touches us all and purple is more than a color.



The 2016 Relay For Life event was the culmination of months of planning and preparation.



Numerous businesses and government agencies took up the challenge to not only raise funds for their Relay For Life teams, they also worked to integrate purple in their workplaces. Purple ribbons edged fence lines, purple flowers, balloons, and other decorative elements adorned desktops, doorways and all other public spaces, symbolizing the community support for those who have battled and are currently battling cancer in addition to those who have passed on cancer.



76 teams took to the track and joined the American Cancer Society in celebrating the lives of our cancer survivors and their caregivers; 452 of whom were on site to attend the event and enjoy the festivities. Fundraising successes were announced during the closing ceremony, held at 12:01AM, including the top three teams:

- First Place: 76 For Life: \$111,000
- Second Place: Bank of Guam: \$ 75,247.38
- Third Place: Triple J Cure Driven: \$55,906.39

And the total raised for the event: \$532,000; \$46,000 over the event goal of \$486,000.



With Relay For Life, our island community is inspiring others to join in painting the world purple so that cancer never steals another life. Every team, every survivor, and every dollar raised can help the American Cancer Society save more lives from cancer. Si Yu'us Ma'ãse' to everyone who contributed to make Relay For Life a success and ensuring the American Cancer Society's mission of saving lives continues.

# CCC Coalition Members in Action

## DPHSS: Activities in Support of the American Cancer Society Relay For Life

By Ms. Vivian Pareja and Mr. Lawrence Alam

### GovGuam Fitness Cup Challenge

The Department of Public Health and Social Services (DPHSS) participated in the 2016 GovGuam Fitness Cup Challenge, hosted by Custom Fitness and Team GovGuam on March 19, April 16, and May 14, 2016. The purpose of the competition was to promote physical activity in support of the Relay For Life and to bring the Team GovGuam community together. There were nine GovGuam agencies who participated in the competition. Team Health Worx (DPHSS) finished in 4th place under the novice category. Team members were Daryl Diras (Team Captain), Bienvenido Carlos, Juan Santiago, Nicole Tayama, Raquel Saludo, Ruby Gonzales, Bernadette Schumann, Jeffrey Pinaula, Jerome Garcia, Christopher Surla, Lawrence Alam, and Vivian Pareja.



### Purplicious Challenge

DPHSS participated in the GovGuam Relay For Life Purplicious Challenge. Dr. Suzanne Kaneshiro, Chief Public Health Officer, coordinated a Bulletin Board, Door, and Room Competitions to promote the challenge to all public health Divisions and Bureau. The challenge culminated with a site visit from the First Lady of Guam on April 15, 2016.

The Bureau of Community Health Services (BCHS), through the NCD Consortium Prevention and Control Program and the Guam Comprehensive Cancer Control Program, won 1st place for the Most Beautiful Door and Best Bulletin Board competitions. BCHS' Guam Breast and Cervical Cancer Early Detection Program won 3rd place for the Most Purplicious Worksite, while Medical Social Services won 3rd place for the Best Bulletin Board Competition.



#### Most Purplicious Worksite

- 1st Place - BES Central Offices
- 2nd Place - BES Northern Offices
- 3rd Place - Guam Breast and Cervical Cancer Early Detection Program

#### Most Beautiful Door

- 1st Place - BCHS
- 2nd Place - Director's Office
- 3rd Place - SRCHC Waiting Room

#### Most Creative Door

- 1st Place - NRCHC Business Office
- 2nd Place - Immunization Program
- 3rd Place - NRCHC Women's Health Clinic

#### Best Bulletin Board

- 1st Place - BCHS
- 2nd Place - NRCHC Women's Health Clinic
- 3rd Place - Medical Social Services

# CCC Coalition Members in Action

## DPHSS: Activities in Support of the American Cancer Society Relay For Life

By Ms. Vivian Pareja and Mr. Lawrence Alam

(Continuation)

### Wave and Boot Drive

DPHSS participated in the GovGuam Relay For Life Wave and Boot Drive Events on February 26, 2016 and May 13, 2016 from 4:00pm to 6:00pm at the Agana Seal Bridge. The events were coordinated in an efforts to promote the Relay For Life in the community. Various government of Guam agencies and departments were assigned to different locations around the island.



### ACS Relay For Life Event

DPHSS participated in the ACS Relay For Life on May 20, 2016 at the George Washington High School Track and Field. Employees participated in various relay activities such as the Parade of Teams and Luminaria. As of June 2016, DPHSS raised over \$2,246, exceeding its goals for the Relay For Life.

### Pictures from the American Cancer Society Relay For Life



# Non-Communicable Disease Consortium Partnership

## NCD Physical Activity: Guam's Kids Yoga Hero

By Ms. Marie Benito

The Island community has its newest advocate for healthy living and passionate kids yoga instructor in Razielle Mergel. Since arriving just one year ago, Razielle, a military wife and volunteer, has made it her mission to spread the joy and wonders of yoga. She has since taught yoga for Island Girl Power, Fanihen Tasi Paddling team, Ligan Elementary, Wettengel Elementary, Benavente Middle School, José Rios Middle School, J.P. Torres Alternate School, and Naval Base Youth Center. She most recently taught a beginner's level yoga class to 400 students from pre-K to 5th grade at Marcial Sablan for over 3 weeks. What's more amazing is that she has done all this on her own free time and at no charge as a way of introducing her passion to others, especially kids.

Razielle makes it a point to visit schools and introduce herself and her passion to anyone willing to listen. Teachers and fellow health advocates understand the importance of getting kids active, so they are eager to have her visit their schools. As a relatively new activity for kids on Guam, Razielle feels that a few free introductory classes can help anyone skeptical about yoga, to understand the many benefits. Aside from building flexibility, strengthening your core, and improving balance, yoga provides stress relief, relaxation, and can help with focus and concentration.

She is also responsible for bringing the First Annual International Kids Yoga Day to Guam. Over 150 students and roughly 30 teachers, staff, and volunteers at Marcial Sablan Elementary School took part in 20 minutes of yoga in the campus courtyard on Friday April 8, 2016. Guam joined yoga teachers, parents, students, and others, within schools, studios, daycare centers and organizations from around the world in celebrating the youth and the importance of physical and mental fitness by practicing yoga. Aside from Guam, participating countries included Argentina, Australia, Canada, Denmark, Greece, India, Israel, Malaysia, Mexico, Peru, South Africa, Spain and 45 U.S. states.

The founder of International Kids Yoga Day, Teresa Anne Power, hoped to bring the mind, body, spirit fitness experience to as many participants as possible throughout the world. At the end of the day, there were an estimated 25,000 students, teachers, parents, volunteers, and instructors worldwide who took part in the experience and in building healthier communities everywhere. For their efforts here on Guam, the Department of Public Health and Social Services, Bureau of Community Health Services and the NCD Consortium provided coloring books to distribute to students at the culmination of the event.

Guam's ambassador says she loves the island so much she wants to make it her home after retirement in 3 years. If her efforts of the last year are any indication of the future impact of her work here on Guam, the island's youth are in for a real treat. In the meantime, her greatest joy is seeing the kids shine, so she will continue to share her love wherever she can.

For more information, questions or concerns, please contact Razielle Mergel at 864-5559 or [kidsyoga2@yahoo.com](mailto:kidsyoga2@yahoo.com).



Pictured from left to right: Marie Benito (NCD partner), Geraldine Pablo (Principal, Marcial Sablan Elementary), Razielle Mergel (Kids Yoga 2 founder/ instructor), Tina Buendicho (lead teacher), Jacob Hagen, Malina Hagen, Milaina Souders, Christine Souders, Tiffany Soliveras (military volunteers). (courtesy photo)



Yogi Warriors at Marcial Sablan Elementary, International Yoga Day - April 8, 2016. (courtesy photo)

## Prevent Cancer Conference

By Ms. Chalorna Lauron & Ms. Rose Grino, RN, BSN

The “2016 Dialogue for Action: Progress & Prospects in Cancer Screening & Prevention” hosted by Prevent Cancer Foundation, deals directly with issues that the Guam Cancer Coalition and its team members face with topics such as:

- Quality in Cancer Screening
- Prevention Initiatives to Reduce Health Disparities
- Progress in Cancer Screening and Prevention Technologies
- Technology and Health
- Patient Navigation
- Networking

It is an annual national conference that convenes a diversity of stakeholders committed to realizing lifesaving potential of cancer screening for all communities. The “Dialogue” emphasizes evidence-based cancer screening according to guidelines. All participants are encouraged to take the dialogue back to their communities and workplaces to promote appropriate screening.

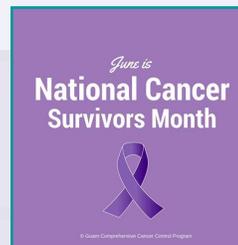
The 3-day “Dialogue for Action” conference took place in Baltimore, Maryland in April 2016.



### Online Resource for Tips on Caregiving:

[www.cancer.net/coping-with-cancer/caring-loved-one/tips-caregiving](http://www.cancer.net/coping-with-cancer/caring-loved-one/tips-caregiving)

## Calendar of Events (June – August 2016)



### June 2

Guam Cancer Care’s 5th Birthday

### June 30

Let’s Talk Cancer

7:00pm on K57 Radio Station

For more information, contact Guam Cancer Care at 969-2223.

### July 11-12

“It Is Time” Town Hall

For more information, contact Guam Cancer Care at 969-2223.

### July 28

Let’s Talk Cancer

7:00pm on K57 Radio Station

For more information, contact Guam Cancer Care at 969-2223.

### August 6

3rd Annual Pink Ball (Benefiting Guam Cancer Care)

For more information, contact Guam Cancer Care at 969-2223.

## Cancer Coalition Monthly Meetings

**PANDA:** 2<sup>nd</sup> Monday: 3:30pm – 4:30pm  
(King’s Restaurant)

**DRAT:** 3<sup>rd</sup> Tuesday: 9:00am – 10:00am  
(University of Guam Dean Circle House #7)

**SQOL:** 3<sup>rd</sup> Thursday: 11:00am – 12:00pm  
(University of Guam Dean Circle House #7)

**SEDAT:** 4<sup>th</sup> Tuesday: 4:00pm – 5:00pm  
(Guam Cancer Care)

### Prevention Action Team

4<sup>th</sup> Monday: 3:00pm – 4:00pm  
(Guam Cancer Care)

### NCD Physical Activity Group

4<sup>th</sup> Monday: 3:00pm – 4:00pm  
(TuRe’ Cafe)

To find out specific dates, location and time, please call the Guam Comprehensive Cancer Control Program at 735-0670/73.

